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UConn upsets Michigan State in NCAA action

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Quick-thinker saves woman from icy water

'Absolutely' a hero. Police commend Stuart Harris for snapping into action in a dangerous situation



ROBSON FLETCHER
robson.fletcher@metronews.ca

When he saw a woman stranded in a partially frozen lake, Stuart Harris said there was "no question" in his mind that he needed to help.

The 27-year-old Langdon resident was driving by Calgary's Elliston Park late Sunday morning when he noticed a commotion along the shoreline of the park's small lake.

"I saw someone in the

pond," he said. "I drove past, pulled a U-turn and came out running."

Bringing with him a well used tow strap from his truck, Harris made his way down to the shoreline, where a couple of people were trying in vain to aid the woman.

"No one else wanted to go in the water so I made a loop out of the tow strap and crawled out to meet her," he said. "I knew to crawl on my belly to increase the surface area to try and not break through the ice."

Harris made it to the woman, who had become too numb from the cold to grasp the strap herself. He looped it around her arm-pits and, with the help of two Calgary police officers, pulled her back to dry land.

Police Staff Sgt. John Mc-

Carthy said Harris is "absolutely" a hero, in his mind.

"We've come to expect Calgarians to step up in times of crisis," McCarthy said. "We saw that in the flood; we saw that again today."

The woman was taken to hospital in stable condition for treatment of "mild to moderate hypothermia," said EMS spokesman Stuart Brideaux.

Police said she had followed one of her dogs out onto the ice when she broke through. In the end, the dog made its way safely back to shore on its own.

Harris said he relied on his previous wilderness training and was happy to be able to put it to use.

"The ice training did help," he said. "I'm glad I got to help someone."



Stuart Harris shows off the tow strap he used to rescue a woman from a partially frozen lake Sunday.

ROBSON FLETCHER/METRO

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Would-be candidates say they're shut out of Tory race



Jaskarn Saroya, left, and Amrit Bal are among a group of teen Conservative party members raising concerns after learning two candidates have seemingly been barred from running in the riding of Calgary Skyview.

JEREMY NOLAIS/METRO

Calgary Skyview. 'Let the democratic process take effect,' urges one failed federal contender

Voters and at least two prospective candidates fear their voices will be shut out of a race to determine the federal Tory candidate in a newly formed Calgary riding.

In fact, it appears there may not be a race at all.

Reached independently Sunday, both Puma Banwait and Buta Singh Rehill confirmed they were both informed last week they will not be permitted to contest the Conservative Party of Canada nomination in Calgary Skyview.

The federal seat was created through a redistribution that will see the Calgary Northeast district, now served by Tory MP Devinder Shory, replaced.

A campaign representative for Shory confirmed Sunday his candidate is running in Skyview but said they hadn't officially been informed of the claims by Banwait and Rehill.

Quoted



"If there are people who are manipulating the system and not letting the democratic process take place, that's a real shame."

Puma Banwait, a realtor who'd hoped to vie for the Tory nomination in Calgary Skyview

Banwait was quick to decry the situation, noting no specific reason was given for the ruling.

"We have a very strong team — I wish they'd given us the opportunity to run," said the realtor, who claims to have sold 4,000 Tory memberships in the span of six days last week.

"Let the people speak," he said. "This is the grassroots of the party. Let the democratic process take effect. That's what Prime Minister (Stephen) Harper's been preaching in Europe ... and yet this is happening in his own backyard."

Both Banwait and Rehill said

they went through a required interview process and received initial notification they'd been cleared to run. Rehill said he would await the results of an appeal before speaking at length about the ruling.

A media representative for the federal Conservative party said he was looking into the claims by the challenging candidates, but hadn't responded with a statement at press time.

Meanwhile, a group of teen-aged voters also began firing off emails over the weekend to the party and numerous media organizations protesting the decision. Among them was 16-year-old Jaskarn Saroya.

"I felt it was an injustice," he said. "If I didn't say anything I felt my voice — and everyone else's voice — would go unheard."

Steve Ladd, president of the Calgary Skyview Conservative Association, said a local nominating committee had been established and it typically makes recommendations to the federal branch of the party.

"I'd rather not be involved in it at all," he said.

JEREMY NOLAIS/METRO

Burst pipe suspected in mall flooding



Crews work Sunday to clean up flooding inside Brentwood Village mall. ROBSON FLETCHER/METRO

An apparent water-main break shut down part of Brentwood Village mall Sunday morning, with several businesses sustaining damage and water heaving flooring and walls in the building, according to the fire department.

Crews arrived shortly after 6 a.m. to find water pouring

out of the doors at the back of the building, said fire department spokesman Randy Yeats.

"It appears that the water was coming up from underneath the building and it's forced up the building a little bit," Yeats said.

Structural engineers will evaluate the building, Yeats

added.

Crews with city water services were still investigating the cause of the leak Sunday, but Yeats said it appeared likely due to a break in a water main below the building.

About half-a-dozen businesses appeared to have suffered water damage, Yeats said,

including the Safeway at the south end of the mall.

Fire battalion Chief Al Magwood said crews wrapped up their work and left the scene around 11 a.m. Sunday.

"The water was shut off and we turned the building over to management," he said.

ROBSON FLETCHER/METRO

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1 NEWS



Ron Meeres, manager at the Vecova Bottle Depot, and employee Derek Cusler are quick to suggest their site is like no other, as three quarters of the work is undertaken by people with disabilities and customer service is made a priority.
JEREMY NOLAIS/METRO

Persons with disabilities 'the face' of Vecova

Bottle depot. Schizophrenic employee relishes year at non-profit centre



JEREMY NOLAIS
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Fourteen employees, 13.5 million bottles annually and countless personal struggles and social stigmas to overcome.

Still, the Vecova Bottle Depot, located in northwest Calgary, appears to hum along like a well-oiled machine.

Employee Derek Cusler, a 22-year-old paranoid schizophrenic, was quick to rattle off his resumé of past positions in bakeries, restaurants and elsewhere but said he never received a great deal of support until he signed on at Vecova roughly a year ago.

"It's way better here," he said. "They understand that you have a disability and they relate to you — they don't put you down for it."

Cusler is prone to hallucinations and suffers from a stress disorder as well. But at Vecova, he not only mans his own window, counting thousands of

bottles in the run of a single shift, but also hops aboard the Vecova van and logs hours for the organization's home pickup service, which currently has 1,700 members.

In 2013, 75 per cent of employee hours logged at the depot belonged to people with physical or developmental disabilities or mental illness, a new high.

"The face of our bottle depot is people with disabilities," said manager Ron Meeres. "They are contributing, they're working in our community and they're getting paid for a job like anybody else that gets paid for a job."

The earnings from the depot, which has seen a continuous rise in customers since opening around 1970, is used to fund the larger operations of the Vecova Centre, which aids more than 225 persons with disabilities in Calgary and the Bow Valley area.

Vecova provides a recreation centre that comes complete with heated pool, is involved in disabilities research and also provides educational and housing opportunities for its members.

The depot itself has also morphed over time from primarily a training facility to

a fledgling business with a focus on customer service, according to Meeres.

"A lot of bottle depots are trying to make money by getting people in and out of here as fast as they can," he explained.

"Some of our focus here is on building up that the base of customers that understand who we are."

Cusler, meanwhile, said he has no thoughts of searching the classifieds for employment elsewhere anytime soon.

"This is the longest job I've ever had," he said.

"Sure, it's frustrating at times — we butt heads a little bit, but all the way around, it's an awesome place to work."

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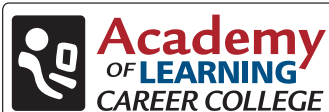
To sign up for Vecova's home bottle pickup service, head to vecova.ca. Currently, the service employs three people with disabilities. If another 400 residents sign on, that number will jump to five. Registrants are provided with a free bin and bag and a \$16 tax receipt for every full bag of bottles donated.

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Depot embraces tech as bottles pour in

Pop by the Vecova Bottle Depot and you're unlikely to spot a notepad with numbers scribbled all over it, or a grizzled veteran with a pen tucked in his ear.

That's because the centre has embraced devices to aid its employees, the majority of whom cope with disabilities.

"We utilize technology that assists people," said manager Ron Meeres.

"We don't want technology to be barrier for these guys like it can be elsewhere."

One of his veteran employees, 10-year depot worker Shawn Sproule, demonstrated the ease at which he's able to sort and count bottles during a trip

to the site by Metro.

Sproule keeps a running tally of a specific type of recyclable as he tosses them onto a conveyor belt or into a box. He then punches the numbers into a counting machine and it does the addition for him.

The employee is able to work faster and the customer can trust the payout they come away with is accurate, Meeres said.

For his part, Sproule said keeping his area tidy and avoiding arguments with customers never hurts either.

"We keep our bottle depot in good condition," he said.

"The people I work with are friendly and the custom-



Shawn Sproule counts bottles at the depot. JEREMY NOLAIS/METRO

ers are friendly ... I will stay here as long as I can."

JEREMY NOLAIS/METRO



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Manmeet Bhullar. MLA weighing his options for PC leadership bid

He's got a PC leadership run on his mind, but a Calgary MLA says bigger decisions on family and the current work he's doing hang in the balance.

Calgary-Greenway MLA Manmeet Bhullar — first elected to the Alberta Legislature as a spry 28-year-old in 2008 in the now-defunct Calgary-Montrose district — told Metro recent political drama has him weighing his options carefully.

"You can't make this decision without very serious consideration to the impact it has on others in your life," said Bhullar, the current minister of human services, who recently turned the portfolio on its ear with changes to the reporting of children who have died in the province's care.

"The work you get to do as a politician is worth the effort. The question is, is the theatre and the drama involved in politics worth the effect it can have on your family, your



Calgary-Greenway
MLA Manmeet
Bhullar METRO FILE

friends and your loved ones?"

Bhullar defeated Wildrose candidate Ron Leech by 1,025 votes in the 2012 general election, and did a stint as Service Alberta minister before taking the helm of Human Services.

Mount Royal University political scientist Keith Brownsey said Bhullar's ministerial track record make him a compelling candidate for leadership, but pointed to youth and the ability to organize and finance a million-dollar campaign as hurdles to overcome.

"He's young and will be seen as young, but he'd certainly be a breath of fresh air," said Brownsey.

"I think it's something the party desperately needs."

DARREN KRAUSE/METRO

Cycle track controversy will fade, MLA Hehr says



Calgary currently has one 800-metre cycle track on 7 Street S.W. and a previous council allocated more than \$20 million to build roughly 20 more kilometres of separated cycle lanes in the city centre. Numerous current councillors oppose the plan, however, and the matter is due up for a key vote on April 28. METRO FILE

Cycling. Critics point to loss of car lanes, project costs per rider



ROBSON
FLETCHER
robson.fletcher@metronews.ca

Controversy surrounding the city's planned network of downtown cycle tracks will fade once the separated lanes are built, predicts Calgary-Buffer MLA Kent Hehr, who is throwing his support behind the project.

Quoted

"Once they see it in place, I believe they will use it and like it and accept it as just simply the way 21st-century cities are built."

Calgary-Buffer MLA Kent Hehr, on Calgary's views of the planned Centre City Cycle Track Network.

"Anything new always creates controversy," he said Sunday. "Although people are concerned about this today, I think 20 years from now people will look back and say, 'My goodness, this was a brilliant idea.'"

The proposed Centre City Cycle Track Network falls largely in Hehr's constituency.

"Many of the people who live in Calgary-Buffer and the extended neighbourhoods live downtown because they want a livable, walkable and a livable, bike-able community," he said.

The Liberal MLA will publish an essay this week in support of the cycle track network, as the latest installment in a blog series by Bike Calgary.

The volunteer lobby group is putting out the essays ahead of a key vote on the cycle track network at city council in April.

"We want to hear from a variety of community and business leaders, as well as other prominent Calgarians," said Agustin Louro of Bike Calgary.

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David Yiptong, MBA'11, Innovate Calgary

Top Tory resigns amid controversy over nomination

Dimitri Soudas. Friend of PM Stephen Harper quits over fiancée's bid in Ontario riding

The Conservative party's top operative and campaign organizer Dimitri Soudas resigned Sunday amid a controversy over his fiancée's nomination bid in a suburban Toronto riding.

Riding association presidents received a sudden email from party president John Walsh late Sunday evening informing them of the departure. "Earlier this evening I was



Dimitri Soudas THE CANADIAN PRESS

notified of the resignation of Dimitri Soudas as executive director, effective immediately," Walsh wrote in an email.

Soudas is close to Prime Minister Stephen Harper, and had left a senior post at the Canadian Olympic Committee in December to help with the party's 2015 election preparations.

But trouble began to brew within the party's grassroots over his fiancée MP Eve Adams' intention to run in the Ontario riding of Oakville-North Burlington.

Soudas had recused himself from any participation in the nomination there because of his relationship, but that did not seem to quell concerns that the playing field would not be level in the riding. **THE CANADIAN PRESS**



Frozen embrace to honour tragic centennial

A clay version of a sculpture depicting Reuben Crewe embracing his son Albert John is displayed. In 1914, Crewe and his son set out on the ill-fated voyage of sealing vessel SS Newfoundland. In a fierce storm, they ended up stranded miles from their ship and were later found frozen together on an ice pan, the boy's head tucked against his father's chest as he died. Their embrace will be immortalized in a bronze sculpture as part of ceremonies Monday and later this spring to mark 100 years since the disaster. **FRANK GOGOS/NEWFOUNDLAND BRONZE FOUNDRY/THE CANADIAN PRESS**

Parliament Hill

Victims' rights bill expected in 'next few days'

A long-promised victims' bill of rights is about to be introduced in Parliament, driving a potential political lightning rod into the House of Commons.

Justice Minister Peter MacKay said Sunday he looks forward to delivering on the throne speech commitment "over the next few days."

The proposal, when it appeared in last fall's speech opening the new session of Parliament, drew a swift response from legal advocates, notably the John Howard Society which described

the notion as a return to "medieval" justice and a distraction from the real problems facing the system.

MacKay, in an interview last fall, said the government's intention is to extend the involvement of victims "from the time of the offence to the final disposition of the sentence."

THE CANADIAN PRESS

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Russia recommends Ukraine federation as Kerry, Lavrov meet

Sunday's meeting.

Diplomatic talks proceed while Russia deploys troops along border

Russia on Sunday set out demands for a diplomatic resolution to the crisis in Ukraine, saying the former Soviet republic should be unified in a federation allowing wide autonomy to its various regions as U.S. Secretary of State John Kerry and Russian Foreign Minister Sergey Lavrov met in Paris in another bid to calm tensions.

After a brief call on French Foreign Minister Laurent Fabius, Kerry sat down with Lavrov at the residence of the Russian ambassador to France to go over Moscow's response to a U.S. plan to de-escalate the situation as Rus-



U.S. Secretary of State John Kerry, left, shakes hands with Russian Foreign Minister Sergey Lavrov before the start of their meeting.

JACQUELYN MARTIN/THE ASSOCIATED PRESS

sian troops continue to mass along the Ukrainian border.

The men said nothing of substance as they shook hands, although after Kerry ended the photo op by thanking assembled journalists, Lavrov cryptically added, in English, "Good luck, and good night."

Appearing on Russian television ahead of his talks with Kerry, Lavrov rejected suspicions that the deployment of tens of thousands of Russian troops near Ukraine is a sign Moscow plans to invade the country following its annexation of the strategic Crimean peninsula. **THE ASSOCIATED PRESS**



Police officers and Brazilian Marines occupy Rio de Janeiro slum ahead of World Cup

A couple walks past a navy armoured vehicle during an operation to occupy the Mare slum complex in Rio de Janeiro on Sunday. More than 1,400 police officers and Brazilian Marines rolled into the area near Rio's international airport before dawn Sunday in the latest security push ahead of this year's World Cup. Not a shot was fired as the Mare complex became the latest impoverished area to see security forces move in and try to push out heavily armed drug gangs that have ruled Rio's shantytowns for decades. To see a photo gallery, scan the image above using the Metro AR feature on the Metro mobile app. **LEO CORREA/THE ASSOCIATED PRESS**

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Washington mudslide. More bodies pulled from debris, dogs take a break

Authorities say the number of people who have been confirmed dead from a U.S. mudslide has increased to 21, from 18.

Jason Biermann of Snohomish County Emergency Management said Sunday that 15 victims have been identified by the county medical examiner. Six have yet to be identified.

Biermann says another four bodies were found in the debris field on Sunday.

About 30 people remain missing after the massive mudslide in a mountainside com-

munity in Washington state on March 22.

Late Saturday, authorities said the number of people believed missing decreased substantially, from 90 to 30.

Rescue crews said Sunday that many of the dogs that have been essential in the search for victims will take a two-day break. Days of sniffing through cold, soupy mud and nearly non-stop rain have taken their toll on the animals, and officials say dogs can lose their sensing ability if they work too long. **THE ASSOCIATED PRESS**



Searchers pause for a moment of silence at the scene of a deadly mudslide in Oso, Wash. **ELAINE THOMPSON/THE ASSOCIATED PRESS**

University of Arizona

Police pepper spray unruly basketball fans

Tucson police shot pepper spray at several hundred fans who took to the streets and threw beer bottles and firecrackers at officers Saturday night after the University of Arizona basketball team's overtime loss to Wisconsin in the NCAA tournament. Fifteen people were arrested for offences such as resisting arrest, disorderly conduct and unlawful assembly, Tucson police Sgt. Pete Dugan said.

THE ASSOCIATED PRESS

Israel and Palestine

U.S. mediators race to salvage peace talks

American mediators held urgent contacts with Israeli and Palestinian officials Sunday in hopes of salvaging troubled Middle East peace talks — searching for a formula to bring the sides back together and extend the negotiations beyond a current late-April deadline.

THE ASSOCIATED PRESS

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At right is an image of Italy's latest singing sensation. Open your Metro News app and click on the Metro AR icon at the top right of the screen to go into scan mode. Scan the photo with your phone.

3

Watch the Video

Sister Cristina Scuccia belting out an Alicia Keys hit song will come to life on your screen. As you move the paper, the video stays put. For a stand-alone experience, close the paper — and pump up the volume.



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More players in exchange-traded fund game a win for consumers



HOW TO ROLL
Alison Griffiths
metronews.ca

When a business Goliath starts feeling vulnerable, what happens? Out comes the chainsaw! Canada's largest exchange-traded fund (ETF) provider, Blackrock Asset Management Canada, a.k.a. iShares Canada, has just slashed management fees on nine of its funds.

This is excellent news for those who invest passively. Passive or index investing using exchange-traded funds (ETFs) has long been proven to be a winning strategy for retail (i.e. you and me) investors.

ETFs simply track or mimic an index such as the S&P/TSX Composite. The fees are extremely low compared to mutual funds.

Not long ago there was just a handful of ETFs in Canada.

Today there are nearly 300. While the plethora of ETFs has produced a more confusing landscape for investors, there's now far more choice. Though the iShares behemoth still dominates with nearly 66 per cent of the market, its share is down from almost 72 per cent a year ago.

In response to ETF competitors, iShares is chopping fees. The biggest beneficiary is the iShares S&P/TSX Capped Composite Index (XIC) with an 80 per cent decline from 0.25 per cent to 0.05 per cent. The popular hedged and non-hedged U.S. ETFs that track the S&P 500 Index, XSP and XUS, have dropped from 0.22 and 0.14 per cent to 0.10 per cent each.

In contrast, the fee range for a Canadian mutual fund holding larger U.S. or Canadian companies is between about 1.9 and 2.6 per cent.

Fees have a huge impact on your bottom line. Let's say you



A buffet of exchange-traded funds for Canadians to choose from means keeping more money in your pocket. ISTOCK

have \$50,000 in an RRSP with a 2.2 per cent annual management fee (MER).

At a return of five per cent over 15 years with no new contributions, you will have \$74,455 after paying \$21,000

in fees. The opportunity cost, or the money you lose by not having the fees working for you, is \$8,492.

Contrast this to an ETF with an MER of only 0.10 per cent. The total return is \$102,398

and only \$1,124 has gone to fees. The opportunity cost is just \$424.

ETF fees are already low but iShares' move means more money in the pockets of index investors.

Canadian connection

Some top Canadian ETF providers include:

- BMO Asset Management: www.etfs.bmo.com
- First Asset: www.first-trustsetfs.ca/etfs
- Horizons Exchange Traded Funds: www.horizonsetfs.com
- Invesco Limited (PowerShares): www.invesco.ca
- iShares by Blackrock: ca.ishares.com/home.htm
- RBC Global Asset Management: funds.rbcgam.com/etfs/
- Vanguard Group: www.vanguardcanada.ca

Legal pot producers grow high expectations

From the outside, there's little to distinguish MediJean Distribution Inc.'s headquarters from the unremarkable office complexes and warehouses that surround it in a sprawling slice of industrial suburbia near Vancouver.

Inside, however, the picture is unlike anything else around it. The company is putting the finishing touches on a massive hydroponic operation as it

joins a lucrative new industry made possible by Health Canada's overhaul of the country's medical pot system.

One of the facility's growing rooms is already home to dozens of maturing green plants of various strains, and it will soon house many more. The concrete vault is empty, but it will eventually be filled with dried marijuana ready to be shipped across the country.

In contrast to the stereotypical grow-ops of movies and TV newsreels — whether for medical use, the black market, or the uncomfortable place where those two worlds collide — the facility has a sterile laboratory feel, which is precisely the point.

"This is anything but a grow-op," says Anton Mattadeen, the company's chief strategy officer, during a recent tour of the facility in Richmond, B.C.

THE CANADIAN PRESS

Rolling out new system

A recent Federal Court ruling injunction will allow patients to continue to grow under the old rules for now, but the commercial regime will still proceed as planned.

- Under the new system, patients send a form signed by their doctor to the commercial producers of their choice.



Marijuana plant strains are held in jars as a MediJean senior lab technician works at the medical marijuana facility in Richmond, B.C., recently. THE CANADIAN PRESS

CAREER FINDER

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DAWGS PROVE BASEBALL CAN WORK

For the Calgary baseball fan, today is bitter-sweet.

It's opening day, the start of the professional baseball season. The summer ahead is new and unwritten, and if you happen to root for an unfailingly mediocre team (hello, Blue Jays!), opening day can be one of the happiest days of the entire season.

Today, in cities throughout North America, hopeful fans will funnel into their local ballparks, ready to absorb the elegant rhythms of the game at both the major- and minor-league levels.

Not in Calgary, though. Here, today, we have no pro baseball to speak of. It's all far away, and we're stuck with the Ghost of Baseball Past.

For more than 30 years, Calgary had professional ball clubs including the Calgary Expos, the triple-A Calgary Cannons from the mid-'80s through 2002, and then the independent Calgary Vipers, who folded in 2011.



URBAN COMPASS

Jeremy Klaszus

calgary@metronews.ca

All of them played at Foothills Stadium, a coldly utilitarian ballpark north of McMahon Stadium. (I moved here after the Cannons left, but I'm told that in Calgary's baseball heyday, the stadium had more appeal.)

It all seems backwards. In the '80s and '90s, you could see the likes of Alex Rodriguez and Edgar Martinez play here, but now, in a cosmopolitan city of 1.3 million, Calgarians are denied that fundamental summer experience of hot-dogs and home runs at a minor league game.

As we've grown, baseball has shrunk.

Why? The failure of pro baseball to thrive in Calgary has been attributed to a number of factors, including the weather (snow and rainouts), that lifeless stadium and the fact that Calgary is

more of a hockey town than a baseball market.

Still, one can't help but fantasize. On the weekend, the Blue Jays played a pair of exhibition games in Montreal, stoking speculation about whether or not that city may again host a MLB team. That's far beyond reach for Calgary — but done right, could pro-

Can Calgary sustain minor league baseball?

As we've grown, baseball has shrunk.

essional minor league baseball succeed here now?

If you created an enjoyable experience that strongly appealed to a market beyond hardcore baseball nuts, perhaps.

Look at Okotoks, where Calgarians go to get their baseball fix by watching the Okotoks Dawgs, a team of college players.

Seaman Stadium, where the Dawgs play, is a jewel of a ballpark. It has a lively community feel and always seems full. The beer is disappointing (craft beer in addition to Coors, please), but the baseball is good, at least to the eye of this casual fan.

You can't beat a summer evening at Seaman Stadium — and maybe that's just it. Maybe the Dawgs are the best baseball fit for the Calgary area.

Even so, the Dawgs' season is short at less than three months, and the home opener isn't until June 5.

For Calgary, baseball remains at a distance.

MetroTube

On two legs, life's a beach



ANDREW FIFIELD
metronews.ca

Washington's Panda Paws Rescue does a lot of wonderful work rehabbing animals with serious medical needs that may otherwise go neglected.

They also happen to be home to Duncan Lou Who, a real-life boxer version of the Google Street View half-cat.

Duncan, who seems to love nothing more than a little beach romp paired with a touch of heart-melting tenacity, experiences the beach for the first time in this video. Visit pandapawsrescue.org.



The YouTube video of Duncan Lou Who has over one million views. YOUTUBE SCREENGRAB

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2. Hold your device over any image that has the AR logo near it. Make sure you wait for the green scanning bar to read the image!
3. Voilà! You should see the AR in action — like a video, slide show or mobile content experience. You can even move your phone away from the page and interact with the content directly on your device.

ZOOM

Riot-inspired art decorates Greece



DIMITRI MESSINIS/THE ASSOCIATED PRESS

Graffiti proliferates with lax laws

Artwork by Indonesian-born street artist WD, inspired by a news photograph from recent riots in Istanbul, Turkey, is seen in central Athens. Anti-government demonstrations in Greece have inspired local street artists as the country struggles to emerge from a six-year recession. The inscription on the wall is a quote from Argentine revolutionary Ernesto (Che) Guevara.

Greece has attracted international street artists to its capital, due to the availability of commissioned work and relatively lax anti-graffiti law.

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Hat trick for Tegan and Sara, doubles for Ryder, Arcade Fire

Juno Awards. Ryder thanks mom and dad for paying the bills while she wrote and recorded in her bedroom

Tegan and Sara's pop makeover Heartthrob set the 43rd Juno Awards swooning, Arcade Fire made its presence felt from almost 10,000 kilometres away while decorated co-host Serena Ryder worked overtime to keep things smooth in the Prairies on Sunday night.

With wins for group, pop album and single of the year — the skydive-thrilling Closer, performed to perfection during the show with help from Toronto's Choir! Choir! Choir! — Calgary-reared twins Tegan and Sara managed a field-leading three wins, after having been shut out in five career nominations prior to this year.

"When we asked our parents if we could play music in-

stead of go to university, they were really mad at us," said Tegan, 33. "And they agreed to let us do that for a couple years, and somewhere in all of that, we signed a record deal with Neil Young and Elliot Roberts."

Still, the greatest honour of the night was reserved for Arcade Fire, whose difficult double-disc venture Reflektor mirrored their achievement of three years ago by claiming album of the year.

The Montreal rockers, who also took alternative album of the year, were off in Santiago, Chile at a Lollapalooza gig but managed to submit one of the evening's more interesting visual performances, a macabre pre-taped take on Afterlife delivered in lush monochrome.

Ryder was named both artist and songwriter of the year — giving the 31-year-old an impressive six-Juno career haul.

"Holy cow, I really didn't expect to win this but I'm so honoured. Thank you guys so much." **THE CANADIAN PRESS**



Serena Ryder accepts her award for songwriter of the year. Not only did she pick up an earlier Juno for artist of the year, she also co-hosted the awards show with rapper Classified and country artist Johnny Reid. **THE CANADIAN PRESS**

And the winner is ...

A partial list of winners at the 43rd Juno Awards::

- **Juno Fan Choice award.** Justin Bieber
- **Country album of the year.** Dean Brody, Crop Circles
- **Rap recording of the year.** Drake, Nothing Was the Same
- **Breakthrough group of the year.** A Tribe Called Red

- **Rock album of the year.** Matt Mays, Coyote
- **Breakthrough artist of the year.** Brett Kissel
- **Adult alternative album of the year.** Ron Sexsmith, Forever Endeavour
- **Alternative album of the year.** Arcade Fire, Reflektor
- **Dance recording of the year.** Armin van Buuren & Trevor Guthrie, This Is What



Tegan and Sara celebrate their Juno Award for pop album of the year. **JOHN WOODS/THE CANADIAN PRESS**

It Feels Like

- **Electronic album of the year.** Ryan Hemsworth, Guilt Trips
- **Metal/hard music album of the year.** Protest the Hero, Volition
- **Reggae recording of the year.** Exco Levi & Kabaka Pyramid, Strive

For a full list of winners and more coverage, visit metronews.ca.



2
SCENE



It's Kind of a Funny Story

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ASK A HEALTH RESEARCHER: IS IT SCIENCE OR FICTION?

Thursday, April 3, 2014 6:30 PM

The journey of a high-achieving teenager who checks himself in for treatment after pondering suicide. Join **Dr. Frank MacMaster**, Cuthbertson and Fischer Chair in Paediatric Mental Health, Departments of Psychiatry and Paediatrics, University of Calgary. After the film, he will host a discussion on brain development in childhood and adolescence, depression, and suicide.



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Science in the Cinema



Gwyneth Paltrow and Chris Martin ALL PHOTOS GETTY IMAGES

Too-cool-for-Coldplay Gwyneth won't be missed by boys in the band

Regardless of whether it was Gwyneth Paltrow or Chris Martin who decided to go ahead with the couple's "conscious uncoupling," Martin's bandmates in Coldplay are reportedly relieved, having likened Paltrow to Yoko Ono, according to Radar Online. "The members of Coldplay loathed Gwyneth. (She) never made any attempt to bond with Chris's band members, who also happen to be his best friends," a source says. "In particular, guitarist Jonny Buckland and his wife Chloe had hoped to become closer couples friends with Gwyneth and Chris after they had their own two children, but

it never happened. Gwyneth just couldn't be bothered because she would rather hang out with her other famous London friends. It was clear that Gwyneth viewed Chris's life with the band as completely separate from her world." But despite that lack of interest, Paltrow still reportedly took issue with "Chris going on tour with the band so much," the source adds. "She always made him feel guilty and said she was stuck at home with the kids while Chris was off seeing the world. But this is his job. Gwyneth knew she was marrying a rock star, and what did she expect him to do?"



Selena Gomez

Selena subpoenaed? You'd better Believe it

Selena Gomez was just making a normal trip to a convenience store in L.A. recently when she was served with a summons to testify in on-again, off-again boyfriend Justin Bieber's legal dispute with a photographer, according to Us Weekly. Gomez will now have to face questions under oath about a May 2012 incident in which Bieber allegedly kicked paparazzo Jose Duran in the stomach at a shopping mall in Calabasas, Calif.

Reports state that Bieber and Gomez left the scene before police arrived. Bieber himself was deposed for a different lawsuit — brought by a different photographer who claims the Canadian pop star assaulted him — earlier this month, though Bieber got belligerent when the line of questioning switched focus to Gomez. "Don't ask me about her again," he repeatedly demanded. Gomez is expected to be subpoenaed in that case as well.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word



Singer earns RiRi-spect of fashion world

STARGAZING
Malene Arpe
scene@metronews.ca

Rihanna will receive the prestigious CFDA Fashion Icon award. I'm assuming that stands for Chick Finds Drake Adorable.

Angelina Jolie teams up with Stella McCartney for a special Maleficent-themed kids' collection. Unfortunately for all the sweet little tykes out there wanting one of the fun costumes, the collection was completely sold out when Angelina was done shopping for her own children.

A Kanye West photo from a Vogue story shows him as having no mirror reflection. There are a num-

ber of reasonable explanations: 1) He is probably a vampire. 2) Someone went too far with the Photoshopping. 3) He is a vampire. 4) He is clearly a vampire.

Jennifer Aniston says tabloids are "toxic." She explains: "Every time I get lonely because I'm old and childless and hug the magazines for comfort, I get a rash."

Lady Gaga says she's not in charge at home as "it's not good for relationships to tell men what to do." Your suggestion about pickled pigs feet and feathers didn't go over well, did it?

There's a very good chance The Backstreet Boys and The Spice Girls could soon be touring together. I've never been happier that I kept my parachute pants and my Union Jack halter top. #on-lyslightlymotheaten.



Elton John and David Furnish

New U.K. law gives Elton wedding to tackle, but it won't be a flash affair

With gay marriage now legal and in effect across the U.K., Elton John and David Furnish are planning to make their relationship extra-official with a wedding in May, according to the Daily Mail. John and Furnish had a civil union ceremony when they became legal in

the U.K. in 2005 and have two children together. But the upcoming wedding apparently won't be a very flashy affair. "I think what we'll do is go to a registry office in England in May and take the boys with us and a couple of witnesses," Furnish says.

Virtual Winehouse world tour rings hologram, Amy's dad says

Amy Winehouse may rise again to embark on a world tour — as a hologram. Billionaire Alki David says he's planning to utilize the same technology that led to an appearance by a virtual Tupac Shakur at Coachella in 2012 to keep Winehouse's career going. "With an orchestra and her hologram, she can take the stage and fans can see her perform her legendary hits," David tells the Sun. While initial reports suggested that Winehouse's father, Mitch Winehouse, is on board with the plan, he apparently isn't.



Amy Winehouse

"No truth in the hologram story. Utter rubbish as usual," Mitch posted to Twitter this weekend.

Twitter



@JimCarrey

This is a fun dream. Too bad we have sleep through most of it.



@mindykaling

follow my godson's cool young nanny on Instagram for up-to-date photos but when she posts photos about her life I feel like a pervert



@samantharonson

Either someone left their phone at my house today or this burglar is doing it all wrong.

Brown bag it, get your fill of savings

Think inside the lunch box. A packed meal is a steal compared to eating out every day



GAIL VAZ-OXLADE
Gail blogs daily at gailvazoxlade.com

Over and over I meet families who are spending thousands of dollars a year eating out. And over and over I challenge them to give up buying lunches and coffees and substitute food made at home. It's often a hard sell. I'm not sure why, since I love my own cooking much more than the food I can buy in a fast-food joint — though there are times when I have a hankering for something I don't make particularly well. But, on a day-to-day basis, my food is way better than what one of my fams referred to as "outside" food.

On one episode of *Til Debt Do Us Part*, I handed a gal a lunch box with my face on it and told her to use it. While her hubby was the primary cook in the family and would often make her lunch, she'd leave it behind. She didn't want to give up eating out with her co-workers, so she'd end up spending between \$8 and \$12 a day on food at work. Hello! \$12 a day, multiplied by 5 days a week, multiplied by 50 weeks a year equals \$3,000 a year. That's right, **THREE THOUSAND DOLLARS.** (And those are after-tax dollars!)



Pack your own lunch for a healthier bank balance. ISTOCK

Lunch out packs a punch

\$3,000

Spending \$12 a day on food at work, multiplied by 5 days a week, multiplied by 50 weeks a year equals \$3,000 a year.

Creating a lunch for work does take some time and planning. The first thing out of most people's mouths is, "I don't have time in the mornings!" Really? Then get up earlier, lazy! Are you telling me it's not worth \$3,000 a year to you (in after-tax dollars) to get up 15 minutes earlier in the morning? Give your head a shake.

One of our household's favourite salads is lettuce, red pepper, watermelon and feta cheese. No dressing needed because the watermelon is so juicy. Yum! You'd be hard-pressed to find a more healthy or delicious salad. And it's dead easy to pack ahead and eat on the go.

Then, of course, there's always the sandwich. Loads of people hate the idea of sandwiches because they have a tendency to get soggy. Easy solution: Pack each ingredient separately and assemble it at lunchtime. Need to keep the ingredients cold? Freeze a juice box or half bottle of water to pack with your cold ingredients. You can do this

with homemade iced tea or iced coffee, too.

Salads and sandwiches are, of course, easy. But there are lots of people who want a hot lunch. It's easy if you have a microwave at work. But if you don't or are on the road, consider this marvellous invention called a Thermos. They're brilliant. Soups, fried rice, chili, lasagna, just about anything can go into one. You can make extra for dinner and pack the leftovers for your next day's lunch. To keep the food hot, preheat the Thermos by pouring boiling water in first for a few minutes, then dumping the water out and adding the reheated food.

Some people say they buy

lunch because they love the social aspect of eating out. Hey, I'm as social as the next guy. But being social and going broke is dumb. So pick one day of the week when you'll eat out with friends and give yourself something to look forward to. Maybe you'll choose Wednesday (hump day), or Friday to celebrate the end of the week. Whatever day you choose, lunching out once a week instead of five will cut your spending by 80 per cent.

Better yet, start a Lunch Club at work and pick one day a week when you each bring something to contribute to a group lunch. Or challenge each other to find the cheapest good food in your area, and take advantage of the lunch special. All-day breakfasts at \$2.99 can't be beat for value.

Be creative. The idea is to have a great life and save some money, at least until you're debt-free. Hey, if you don't owe nobody nuthin', then you can swallow your money to your heart's desire. But if you're in hock, or haven't been saving two red cents for the future, then you owe it to yourself to use all the tricks at your disposal to make your money work as hard as you do.

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3

THE

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Tax

Talk



Need Advice?

Caroline Battista
Tax Analyst at H&R Block

H&R BLOCK

Claiming tuition credits and dependant parents

Q

I have \$25,000 in tuition credits carried forward. Can I transfer it to my student loan?

A

Sorry, but the carry forward does not work like that. Students are allowed to carry forward tuition and education credits they can't use until they have enough income to claim them. Tuition and education credits are what we call non-refundable, meaning they cannot create a tax refund by themselves. You have to claim them against income tax you paid during the year in order to use them. Non-refundable credits also have to be multiplied by 15% before you claim them. So your \$25,000 in credits will mean \$3,750 in tax savings. You can certainly apply your tax savings to your student loan as a lump sum once you get your tax refund, but there is no way to do a direct transfer.

Q

My elderly parents live with me. Can I claim them as dependants?

A

Maybe. It depends on their age and their income. But if they are older than 65 and have low income, you may be able to claim the \$4,490 caregiver amount which means about \$673 in tax savings. If they are infirm, this is boosted to \$6,530 by the family caregiver amount. And depending on their health, you may also want to explore the Disability Tax Credit if either of them qualifies. If they can't use all of the credit, they could transfer it to you.

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They work hard for the money

Pros and cons of quick cash. Their jobs can be rough, dirty, gruelling and lonely, but when the money needs to be made, hard labourers can reap rewards quickly

DAVID SINGH

Metro World News

Chris Zayonce was still relatively new to the oil sands when he came inches away from a silent killer.

Working on an oil rig in Smoky Lake, Alta., Zayonce and his colleagues encountered a pocket of poisonous H₂S gas emitting from the ground. The monitor he was wearing on his overalls immediately began to ring — at which point he dashed away from the area. One whiff of the odourless gas would have killed him.

But his work day didn't end there. He and his co-workers were expected to throw on a special suit, mask and oxygen tank so they could get right back to work.

"It was probably one of the freakiest experiences of my life," said Zayonce, 31. "Knowing that you have to



Ready to pack up and move away from home for work? Ng says many employers use agencies that handle recruitment, which can easily be found online.

ISTOCK

go back out and deal with this, but knowing at the same time it can kill you — it was very nerve-wracking."

But such was life for Zayonce at the time. The Surrey, B.C., native spent several years working in the Alberta oil sands. He didn't have any experience, so his

job duties were often dangerous and always involved "non-stop physical labour."

Ask why he subjected himself to this, and the answer is simple.

"Money," said Zayonce. "If you go there and do it properly, the paycheques are big. You can go as an un-

skilled labourer, walk into a job and make \$120,000 a year if you're willing to work for it."

When he was on the oil rigs, Zayonce earned \$90,000 in just seven months. Then, when he worked on the pipelines, he made well over \$100,000 per year.

"But you have to think of the hours I put in," he noted. "(On the pipelines) I worked six days a week, 10-plus hours a day, 52 weeks of the year."

Zayonce's situation is mirrored by many across Canada. According to Ed Ng, an associate professor who teaches human resource management at Dalhousie University, there are several

industries that open their doors to unskilled workers willing to move abroad and put in serious labour.

"Agriculture is a major one, food services and domestic help are also desperate for workers," Ng said, adding that there are openings available for unskilled construction workers, fruit pickers, cooks, fast-food employees, cleaners and babysitters.

Many such positions become available in "boom towns," which see their economy boosted by successful industries, like oil and gas in Alberta, for example. But there's the catch.

"Most of the jobs in these industries have undesir-

able working conditions, such as exposure to hot and cold weather, undesirable locations, unpleasant work environments, and also require hard physical labour," said Ng.

Zayonce, for his part, believes there's more to it than just quick money — in some cases, moving abroad can help boost one's career. He's now back in B.C. and is doing very well with his infrastructure work.

"You can set yourself up for a good career. You can go and advance yourself so by the time you're 30, you can be the boss who runs the jobs, where you're not in the fields with all the risk anymore."

Women in the workforce

Ng says it may be difficult for women trying to get jobs as physical labourers.

- "Manual labour tends to be blue-collar work where men are generally preferred over women because of the physical requirement," he said. "Some women self-select themselves out of certain (areas), like unskilled construction and agriculture, but prefer others, such as nannies or food services."

Oil sands dropouts

70%

Zayonce says the success rate of people who last in Alberta's oil sands is quite low. He recalls his company giving its employees the figures on one occasion. "The majority of people who go out there don't make it," he said. "We're talking 70 per cent drop out and go back home."

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LESSONS FROM THE DESERT
Stéfan Danis
life@metronews.ca

The severe market crash in October 2008 changed my life. I started running to regain my health, both emotional and physical. Shortly after I took my first steps, I ran the Gobi March in China in June '09, followed by the Atacama Crossing in Chile in '10 and the Sahara Race in Egypt in '11. In this post, I share a lesson about life, learned from the desert.

After running four marathons in four days, the long day of the Gobi March brought a new challenge: 85 kilometres, a double marathon. After battling for nine hours with various contenders in my age

The finish line far away

It was at that moment that another competitor ran by us as if we were standing still. I remember panicking; I had everything to lose as I was leading in my age category, but I was emotionally and physically spent.

category, it was now down to two of us with 20 km to go. Sweltering and exhausted in the searing sun, I announced "I can't run anymore, want to jog?" Within minutes, our pace degenerated from a jog, to a brisk walk, to a walk. Done like an overcooked dinner, we willed ourselves toward the finish line, now 15 km away.

It was at that moment that another competitor ran by us as if we were standing still.

I remember panicking; I had everything to lose as I was leading in my age category, but I was emotionally and physically spent. After debating with myself for three minutes if I should, could, or would respond, I decided to try to outrun him.

I never caught up. Although defeated, I later learned that despite losing that race segment, I had managed to run one of the fastest 15 km of my life. Looking back on the event, I was able to move from profound disappointment to an incredible sense of gratitude: I was shown by a competitor what I could do that I didn't know I could do.

Sometimes, we are so completely blind to what we can do. And too often, we just resent the individual pushing us until we clue in that we often need someone else to push us enough to trigger what is possible within ourselves.

STÉFAN DANIS IS THE CEO OF NEXCAREER AND MANDRAKE, AND THE AUTHOR OF GOBI RUNNER



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Five of the coolest courses being offered in Canada

Are you majoring in napping with a minor in surreptitiously checking Instagram under your desk? Consider signing up for one of these five out-of-the-box courses, currently being offered at schools across the country. While we can't tell you exactly what's on the syllabus, we guarantee the content won't make you beeline for your dorm bed.

ELENI DEACON
life@metronews.ca

The Sociology of Hockey in Canada

Here's one for the thoughtful jocks. This University of Regina class examines hockey not just as a game, but as an important aspect of our country's culture with implications reaching far beyond the nosebleeds. Themes on the curriculum include how the sport impacts the economy, social inequality, and Canadian nationalism. It all sounds very studious, but when a disagreement breaks out in tutorial, we imagine it's a gloves-off, sticks-down brawl.



PHOTOS COUNTER-CLOCKWISE
FROM TOP LEFT: MONTE ISOM/
FLICKR, BEAR GRAHAM/FLICKR,
AUBREY SUN/FLICKR, CINDY
JERRELL/FLICKR, KATIEW/FLICKR

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COLLEGE

The Art of Breaking

Spin on your head, get school credit. That's the in-a-nutshell premise behind this break-dancing class offered at York University in Toronto. But while technique is integral to the course, it's not all six-steps and freezes. In addition to learning b-boy moves, students also explore breakdancing from a historical and political perspective. Which means graduates gain a deeper understanding of hip hop's cultural context along with learning how to do the worm at parties.



Urban Legend

What this class can't do is tell you which urban legends actually happened. What it *can* do is expand your understanding of how urban legends are formed and disseminated in popular culture. Offered as part of the Folklore program at Memorial University in St. John's, this course teaches pupils about a fascinating social phenomenon while probably freaking them out a bit, too. We imagine lectures are taught remotely by Bloody Mary, who gets "Skyped in" via dusty mirror.



Communication Through Meme

Was Feminist Ryan Gosling really that feminist? What are the social dynamics of planking? And is Doge a radical linguistic visionary or just stupid? Some or none of these questions may be answered in Communication Through Meme, a course at the University of Western Ontario that explores the history and impact of memes, both online and off. Instead of slaving over a term paper, students should just submit a picture of a kitten with "I can has A+?" written in block font in the foreground.



The Science of Brewing

Once the keg has been drained and the pints have been chugged, students can learn the microbiology of their hangover at The Science of Brewing, a new course presently in its first semester at Simon Fraser University in British Columbia. In addition to studying the chemistry of their Coors Light, aspiring brewmasters also glean practical business skills through a partnership with Surrey's Central City Brewers and Distillers. This may be the one post-secondary class in Canada where it's not totally inappropriate to arrive buzzed.





The best of the best

BEST NEW PRODUCT AWARD WINNERS CHOSEN



Love to try new products but not sure which ones you'll be happy with? The 2014 Best New Product Awards can help you there – and then some.

Now in its 11th year, Canada's largest consumer-packaged awards program puts the spotlight on the best new food,

beverage, beauty, health and household products in stores. But what's most significant is that the judges are all regular consumers across Canada.

More than 90,000 Canadians participated in this year's study to choose 88 winning products from almost 300 new product innovations that made it onto the final survey list after an exhaustive search for the most promising new products launched in Canada.

"Most of us like to know which products are recommended by the people who have tried them – and these awards let you know what thousands of real Canadian consumers think," said Robert Levy, president and CEO of BrandSpark International, which is the independent market research firm that developed the awards. "In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval," he said.

For the program, BrandSpark conducted the most extensive consumer feedback survey in Canada: Participating consumers identified which new products they had purchased and rated them on appeal and key aspects of their usage experience, and also explained why they liked, or did not like, these products.

"In effect, the Best New Product Awards have become the Canadian shoppers' seal of approval."

*— Robert Levy,
president and CEO of
BrandSpark International*

What did the consumers consider important in new products in the different product categories?

In food products, they said taste, improved health benefits and convenience were key. In health and beauty products, ease of use and effectiveness were most important. In the household products category, consumers loved products that were highly effective and worked the first time they were used. Across all categories, the top products were those that consumers felt delivered great value for their money.

"When shoppers purchase a Best New Product Award winner it means that they're buying a product that has been tried and endorsed by thousands of Canadians just like them," said Levy.

The winning products are being promoted by Best New Products Awards partners including Metro News, Canadian Living and Walmart. Select winners will be identified in Walmart stores with shelf signage.

Visit bestnewproducts.ca for more information.

It's full steam ahead for a new kind of frozen entrée



If you shop the frozen meal aisle at the supermarket, you may be familiar with VH® Steamers™. If you've tried any of these exotic entrées, your taste buds aren't likely to forget the experience any time soon. That's because VH Steamers take frozen dinners to a refreshing new level.

your trusty microwave, steam forms from the sauce, which then cooks the meal in the basket. Once heating is completed, you simply add the contents of the Steamer Basket to the sauce. You can also place steamed food on plate and top it with the amount of sauce you desire. A little or a lot — it's completely up to you.

NOT YOUR TYPICAL TV TRAY DINNERS

What sets VH Steamers apart from the many other meals you find in your store's freezer aisle? For starters, they come in a wide range of Asian-inspired mouth-watering dishes containing tender meats and crisp vegetables. With 10 great varieties, there's definitely a dish for everyone.

But it's not only the choice of wonderful dishes that makes VH Steamers in a class of their own. It's also their unique DuoTray Steamcooker™ technology. Through the power of the DuoTray Steamcooker, food is steam-cooked in its own juices, locking in flavour and preserving the texture of the meal. The technology consists of two components — the Steamer Basket and the Sauce Bowl.

The Steamer Basket holds the vegetables, proteins and pasta. The Sauce Bowl, which contains the sauce and some spices, rests beneath the basket. With a little help from

WHERE IT ALL STARTED

VH has a very unique heritage and story that started in the 1950s with one man's quest to find something more inspiring than the usual North American fare people were accustomed to eating. The man was Vincent Harrison. While on his travels through Asia, Harrison discovered exotic and inspiring tastes he wanted to take home to Canada. His passion was to bring these remarkable flavours and share with Canadians in an approachable way. And so VH was born.

"Today, VH is all about inspiring people to try something new and exciting, with its distinct and flavourful meals," says Paulina Lo, assistant brand manager, VH Steamers. "It's a tradition that began with Vincent Harrison, and it's a tradition we're proud to carry on in every recipe we create."

To learn more about VH Steamers, visit vhcanada.ca.



"I love that everything tastes and looks so fresh. I also love that I control the amount of sauce that I use."

- SUSAN W

Select winners available at Walmart

A healthy and kid-friendly fave

Chicken Fingers Parmesan. An update on a classic, this dish will have the whole family begging for seconds



ROSE REISMAN
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@rosereisman

FLASH FOOD



From your fridge
to your table in
30 minutes or less

We've all enjoyed the traditional chicken Parmesan, but let's adapt this into a great family meal, perfect for the kids.

Voilà, chicken fingers Parmesan! So easy to prepare.

The nutritional difference here is that the chicken fingers are baked, not fried, saving you three times the calories — not to mention the fat!

My baked version is flavourful due to the Parmesan breadcrumb coating and the low-fat tomato sauce, which keeps the tenders moist.

You could also try this with turkey breast or white fish fillets! If you don't want to make your own tomato sauce, use your favourite brand. Commercial tomato sauce is a great low-fat addition to any meal, but read the nutrition label for added sugar.

Directions

1. Preheat the oven to 400°F. Lightly coat an 8-inch square baking dish with cooking spray.

2. In a bowl, mix the egg and water. In another bowl, combine the bread crumbs and Parmesan cheese.

3. Dip the chicken fingers in the egg mixture, then the bread crumb mixture.

4. Lightly coat a large, nonstick skillet with cooking spray and place over medium-high heat. Add oil and sauté the chicken fingers for 5 minutes per side

Ingredients

- 1 egg
- 1 tbsp water (or low-fat milk)
- ¾ cup seasoned dry bread crumbs
- 2 tbsp grated Parmesan cheese
- 1 lb skinless boneless chicken breasts (about 4 breasts cut into 16 strips)
- 1 ½ cup tomato sauce (home-made or store bought)
- ¾ cup shredded mozzarella cheese
- 2 tbsp chopped fresh basil or parsley

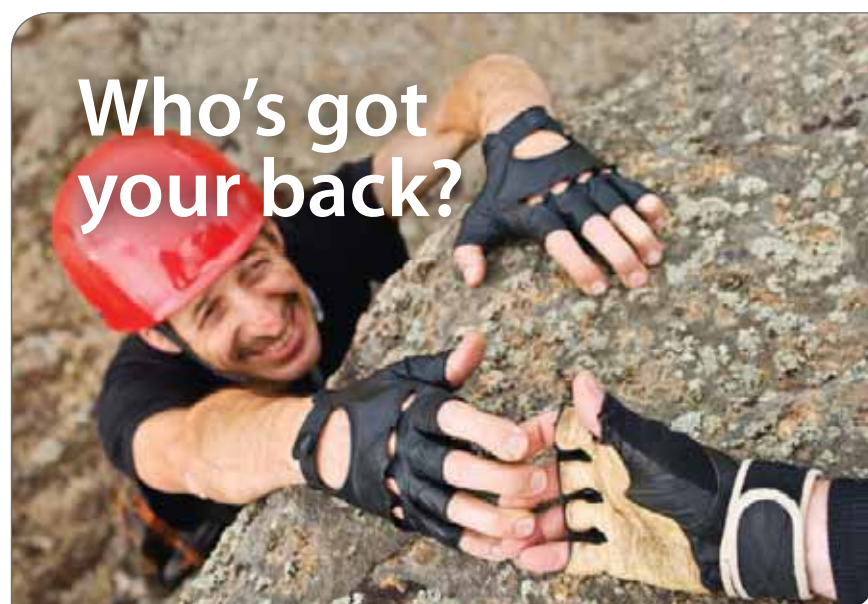
or just until cooked.

5. Add half the tomato sauce to the baking dish. Place the chicken fingers over the sauce, then pour the remaining tomato sauce over the chicken and sprinkle with the mozzarella cheese. Bake for 5 minutes or until the cheese has melted. Garnish with the basil or parsley.

THE BEST OF ROSE REISMAN (WHITECAP BOOKS) BY ROSE REISMAN



This recipe serves four. ROSE REISMAN



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Make a great mini mac app



This recipe serves six (two per person). ROSE REISMAN

Here's a great way to put some pizzazz in a mac and cheese classic. Mini meals are the trend today, so I decided to pack this staple dish into won ton shells and serve them as an appetizer.

1. Preheat oven to 425°F. Lightly coat 12-cup muffin tin with cooking spray.

2. Whisk flour, stock and milk in a saucepan until smooth. Place over medium heat and cook, whisking constantly, 3 minutes or until the mixture is hot and thickened. Stir in ¾ cup cheddar and Parmesan cheeses and mustard. Cook until cheese melts, about 1 minute. Remove from heat.

3. Meanwhile, bring pot of water to boil. Add macaroni for 8 to 10 minutes, until tender but still firm. Drain well and place in mixing bowl. Add cheese sauce and chicken. Toss to combine.

4. Line each muffin cup with two won ton papers, overlapping so ends come out over edge of pan. Fill each cup with 1/3 cup macaroni mixture.

5. Topping: combine bread crumbs, Parmesan and oil in small bowl. Sprinkle evenly over macaroni and top with remaining ¼ cup cheddar cheese.

6. Bake in centre of preheated oven for 15 minutes or until filling is hot and won ton shells are brown. Garnish with the parsley and serve.

ROSE REISMAN

Ingredients

- 2 tbsp all-purpose flour
- 3/4 cup chicken (or vegetable) stock
- 3/4 cup canned evaporated milk (2%)
- 3/4 cup shredded aged light cheddar cheese
- 3 tbsp grated Parmesan cheese
- 1/2 tsp Dijon mustard
- 1 3/4 cups elbow whole wheat macaroni
- 3/4 cup diced cooked chicken
- 24 won ton papers
- crumbs
- 1 tbsp grated Parmesan cheese
- 2 tsp olive oil
- 1/4 cup shredded aged light cheddar cheese
- 3 tbsp chopped parsley

Topping:

- 1/4 cup seasoned dry bread

NHL

Red Wings' playoff push steams ahead in Tampa Bay

Desperation fuelled the Detroit Red Wings on Sunday night.

David Legwand had a goal and an assist, and Detroit held off the Tampa Bay Lightning 3-2 to move into seventh place in the Eastern Conference.

The Red Wings are trying to stretch their playoff streak to 23 seasons, the longest such active streak in North American professional sports.

THE ASSOCIATED PRESS

NBA

Raptors pull win out of their hat against Magic

DeMar DeRozan had 28 points, Jonas Valanciunas added 20 points and nine rebounds, and the Toronto Raptors escaped with a 98-93 victory over the Orlando Magic on Sunday night.

The win was the Raptors' third in a row and seventh straight over the Magic. Toronto swept the season series 3-0.

THE ASSOCIATED PRESS

NBA

Cavs capture victory over Indy

Dion Waiters scored 19 points, Luol Deng added 15 and the Cleveland Cavaliers kept their playoff push going with a 90-76 win Sunday over the Indiana Pacers, who are losing their grip on the No. 1 seed in the Eastern Conference. THE ASSOCIATED PRESS

Jays' ace hits reset button on down year

Opening day. Dickey and teammates hope new season and good health turn things around in 2014

Earlier this month R.A. Dickey wrote on Twitter that he felt much stronger this year compared to last, concluding the tweet: "#redo."

"Remember those old Nintendos?" he later explained inside the Blue Jays' spring-training clubhouse in Dunedin. "You're playing a game and you're just getting so frustrated because you can't get past a certain part so you just hit reset? It's a chance to do it differently."

If only it were that easy.

Dickey, who will take the mound here on Monday against the Tampa Bay Rays in his second straight opening-day start, isn't the only one who would have loved to hit the reset button on last year's massively disappointing season. The club's fan base, so desperate for a winner after a 20-year playoff drought, could not have been more let down by the much-hyped Jays' failure to launch a year ago.

Meanwhile, GM Alex Anthopoulos, who made few changes to the team he so flashily assembled a year ago, is betting a reset — and better health — is all it takes for them to hit their stride.

Dickey, for one, says he feels more confident and prepared heading into this season than he did last year, primarily because he didn't have to alter



After a forgettable 2013, R.A. Dickey hopes to set things straight with the Blue Jays. TORSTAR NEWS SERVICE FILE

his spring-training routine to prepare for the World Baseball Classic.

"Last year, with the World Baseball Classic, I had to be game-ready a lot earlier in spring than I did this year, because you're competing in basically what came down to an Olympic event. So we just had to really step on the gas and my body wasn't ready for that," he said last week, following his last spring-training start. "This year I didn't have that, I could really take my time and I did take my time. I started a little earlier and I was able to pump the brakes a little bit when I needed to get to a

place where I felt very comfortable taking the next step and then the next step."

Dickey was bothered in the first couple months of last season with a nagging back-and-neck injury that limited his velocity in the early part of the season and likely led to his reduced strikeout rate. He said the injury was caused, in part, by his rushed preparations for the WBC.

"A lot of times you labour to get to where you want to get to, and I was labouring last year," he said. "This year I feel like it's coming pretty naturally for me. That's a big encouragement."

TORSTAR NEWS SERVICE

Janssen starts on DL

The Blue Jays placed closer Casey Janssen on the 15-day disabled list Sunday due to a strain in his left abdominal and lower back area.

- The 32-year-old right-hander was 4-1 last season with 34 saves and a 2.56 earned-run average.

- The team also recalled catcher Erik Kratz from triple-A Buffalo.

THE CANADIAN PRESS

Koe among skips tied for third place

Canada's Kevin Koe was in a four-way tie for third place at the world men's curling championship after splitting his games Sunday at Capital Indoor Stadium in Beijing.

Koe dropped a 9-6 decision to Japan's Yusuke Morozumi in the early draw before improving to 2-1 with a 9-6 victory over China's Rui Liu.

"Obviously it's a long week, but you don't want to get yourself behind the eight-ball early, so obviously it was important to get some stuff figured out," said Canadian

third Pat Simmons. "It was a good, gutsy win for us, for sure."

The Calgary-based rink opened the tournament Saturday with a 6-3 win over Denmark.

Norway's Thomas Ulsrud and Germany's John Jahr led at 3-0 after five draws. Canada was tied with Japan, Switzerland and Sweden at 2-1.

Teams are still adjusting to the ice conditions in the warm, humid Chinese capital. There have been some uncharacteristic misses over

the first weekend of competition, such as Koe's mistake in the fourth end against China.

"I didn't think I threw it too bad in the fourth," said Koe. "Sometimes you throw it and you think you know what it'll do and it still doesn't do that. So that's frustrating. We're used to a little more out of ourselves, so we just have to realize that it's tough for both teams and we have to stick with it."

The Canadians will play Russia and the Czechs on Monday. THE CANADIAN PRESS



Canada's Kevin Koe releases the stone as his teammates Nolan Thiessen, left, and Carter Rycroft sweep the path during their match against Japan in Beijing on Sunday. ALEXANDER F. YUAN/THE ASSOCIATED PRESS

4 SPORTS



Shabazz Napier cuts down the mesh after his UConn Huskies beat the Michigan State Spartans on Sunday night at Madison Square Garden. ELSA/GETTY IMAGES

Huskies proving to be title 'predators' after upset win

NCAA basketball. After win over Spartans, UConn coach Ollie now 4-0 in March Madness

Shabazz Napier owed UConn.

He could have transferred when academic sanctions barred the Huskies from the NCAA tournament his junior season. But the guard wanted to pay back the school for the joy of a national title his freshman year, for his struggles as a sophomore.

Napier sure did that Sunday, carrying UConn back to the Final Four in front of thousands of roaring Huskies fans at Madison Square Garden. He scored 17 of his 25 points in the second half in a 60-54 upset of fourth-seeded Michigan State.

The East Regional's most outstanding player hit three huge free throws with 30.6 seconds left, making clutch

It's over for Izzo



"We got what we deserved today.... You got to bring it every second. And today Connecticut did, and we just kind of weren't as good as we have been."

Michigan State coach Tom Izzo

shot after clutch shot just as Kemba Walker did when Napier was a freshman. The Huskies (30-8) rallied from a nine-point second-half deficit to become the first No. 7 seed to reach the Final Four since the tournament expanded to 64 teams in 1985.

"His will to win — you could just see it," said Gary Harris, who led Michigan State with 22 points. "He wasn't going to let his team lose."

The Spartans' seniors become the first four-year players recruited by Tom Izzo to fail to make a Final Four.

"As the game got closer and closer to ending, it was on my mind a lot, every huddle,"

said big man Adreian Payne, who had 13 points and nine rebounds but was repeatedly pushed to the perimeter by UConn's defenders.

The undersized Huskies matched Michigan State's physical play box-out for box-out, holding the Spartans (29-9) to just six offensive rebounds and six points in the paint.

"We're physical, too," said second-year coach Kevin Ollie, who is now 4-0 in the NCAA tournament. "Don't get it mixed up. We are predators out there."

They face Florida in the national semifinals Saturday, and they'll be confident they can beat the No. 1 overall



Louisville's Mangok Mathiang tries to make the T-shirt jersey work during the Cardinals' game against Saint Louis Billikens on March 22 in Orlando. GETTY IMAGES

seed. The Gators have won 30 straight, but their last loss was to UConn, 65-64 on Dec. 2.

Wisconsin (2) faces Kentucky (8) in the other semifinal. **THE ASSOCIATED PRESS**

NHL. Battered Blackhawks fall to Crosby in Pittsburgh, lose another star

The reeling Chicago Blackhawks took another hard hit. The Pittsburgh Penguins appear to be coming together at just the right time.

Sidney Crosby scored two goals in the final five minutes, helping the Penguins to a 4-1 victory over the injury-riddled Blackhawks on Sunday night.

"I thought this was one of our most physical games of the year," Penguins coach Dan Bylsma said. "We saw it from the beginning of the game until the end."

The biggest hit came in the second period.

Already playing without Patrick Kane, the Blackhawks lost captain Jonathan Toews to an upper-body injury when he was drilled by Penguins defenceman Brooks Orpik. Toews was holding his left arm on the bench before heading down the runway for good in the second.

Blackhawks coach Joel Quenneville didn't believe the injury to Toews was serious, characterizing it as day-to-day.

"We'll get a better assessment tomorrow," Quenneville said.

James Neal and Lee Stempniak also scored for the Penguins, who won their second straight and snapped



The Penguins' Lee Stempniak puts the puck past the Blackhawks' Corey Crawford in the first period in Pittsburgh, Sunday. GENE J. PUSKAR/THE ASSOCIATED PRESS

On Sunday

4

Penguins

1

Blackhawks

a three-game home losing streak. Marc-Andre Fleury made 25 saves in his 36th victory of the season.

Orpik's hit on Toews occurred with 6:30 remaining in the middle period. The two

were going for a loose puck.

"It was a big hit," Blackhawks forward Patrick Sharp said. "You could tell he was trying to hit him hard. He knew who he was hitting. It's tough when you see your captain get hit like that."

It's been a rough stretch for injuries for the defending Stanley Cup champions, who will be without star forward Kane for the rest of the regular season because of a lower-body injury. Bryan Bickell is out with an upper-body injury but is expected to return soon.

THE ASSOCIATED PRESS



Mercedes gets 1-2 win for the ages

Lewis Hamilton of Great Britain and Mercedes GP celebrates on the podium after the Malaysia Formula One Grand Prix on Sunday in Kuala Lumpur. Hamilton beat teammate Nico Rosberg by 17.3 seconds at the Sepang International Circuit, with defending world champion Sebastian Vettel of Red Bull third. It was the first one-two by the Mercedes factory team since 1955. **PAUL GILHAM/GETTY IMAGES**

Golf

Bowditch blessed with win in Texas

Steven Bowditch held on to win the windy Texas Open Sunday for his first PGA Tour win and a spot in the Masters. The 30-year-old bogeyed the par-5 18th for a 4-over 76 — the highest score by a winner since Vijay Singh had a 4-over 76 in the 2004. **THE ASSOCIATED PRESS**

NHL

Bruins bully Flyers in Philadelphia

Patrice Bergeron scored the go-ahead goal in the second period and also tallied in the shootout to help the Boston Bruins to a 4-3 win over the Philadelphia Flyers on Sunday. The Bruins have won nine straight road games, a single-season club record. **THE ASSOCIATED PRESS**

Premier League

Liverpool in pole position in England

After a 24-year wait, the English league title could be on its way back to Liverpool. A 4-0 win over Tottenham on Sunday saw Liverpool overtake Chelsea and become the new Premier League leader in a close fight for the title. **THE ASSOCIATED PRESS**

Horoscopes

Aries

March 21 - April 20

What some people say and what some people mean will be two entirely different things today. Because of that it's okay to be a bit suspicious, but most people are still honest.

Taurus

April 21 - May 21

You may be more robust than many but some people are ridiculously sensitive and you would be wise to keep that fact in mind today. Say nice things only, for now.

Gemini

May 22 - June 21

Think with your head, not with your heart. The most important thing as the new week begins is to avoid making the kind of silly mistakes that so many other people make.

Cancer

June 22 - July 23

If there is a creative or artistic project you have been struggling to finish the next four or five days will be critical. Either get it done or move on to something new.

Leo

July 24 - Aug. 23

Your dominant position will be challenged over the next few days and you will have to fight hard to retain your status. Anyone who thinks you will roll over does not know you well, which is in your favour.

Virgo

Aug. 24 - Sept. 23

You are advised to hold fire and not be too pushy over the next 24 hours. No matter how ambitious a Virgo you may be there is only so much you can do, so conserve your energy for when you most need it.

Libra

Sept. 24 - Oct. 23

You would be wise to let friends and work colleagues express their opinions today, even if they clash with your own. In the very near future you are going to need their assistance.

Scorpio

Oct. 24 - Nov. 22

If you take a negative view of what is going on you may get stuck in one of those woe-is-me moods that are so hard to shift. Make a conscious effort to look on the bright side.

Sagittarius

Nov. 23 - Dec. 21

There is something that needs to be done. The longer you leave it the more you will have to rush when you do eventually get started and that could lead to mistakes. Make a "to do" list and stick to it.

Capricorn

Dec. 22 - Jan. 20

Find a nice quiet place where you can switch off from the world and get your thoughts together. If you want to find peace in your life you first need to find it in your own heart and head.

Aquarius

Jan. 21 - Feb. 19

If you want to convince authority figures you know what you are talking about, you must back up your opinions with facts. If you can't do that well it would be best if you stayed quiet today.

Pisces

Feb. 20 - March 20

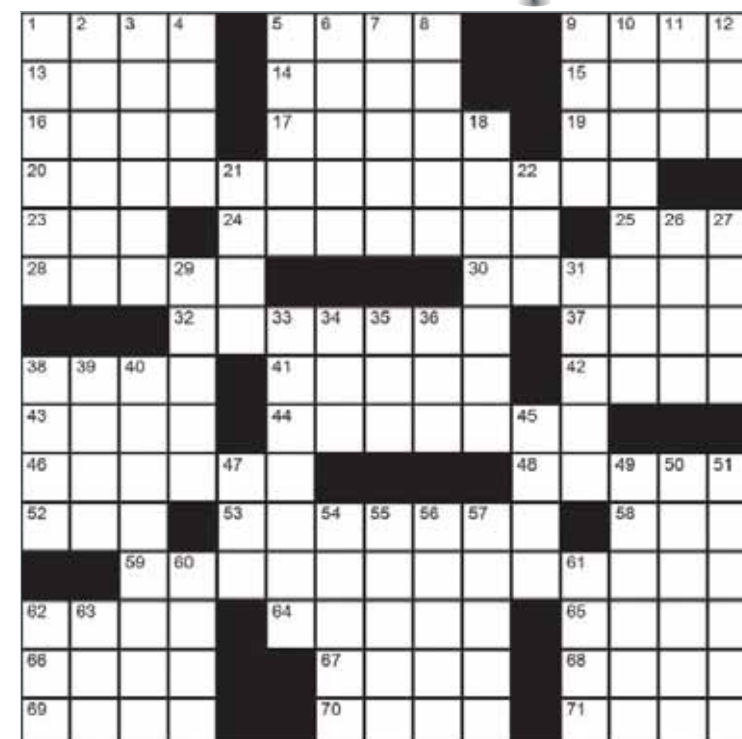
Cooperation will go a long way today, especially as so many people seem to be looking for excuses to start a fight. Victory sometimes it goes to those who get themselves organized.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

1. Tennis shots
5. 9th Greek alphabet letter
9. Sultanate of the Arabian Peninsula
13. ___ (Together, in music)
14. Instrument-with-sticks
15. Cougar
16. Team
17. Resort destination
19. Spot
20. "Rapper's Delight" band: 2 wds.
23. "___ Mine" by The Beatles
24. Nylons
25. 'King' of France
28. Cosmetician Ms. Lauder
30. Not at sea: 2 wds.
32. Canadian designer of Michelle Obama's inaugural gowns: 2 wds.
37. Eye part
38. T. ___ Price (Investment firm)
41. Royal ___ Golf Club (Championship golf course in Scotland founded in 1878)
42. Possessive pronoun
43. Of a lyric poem
44. In a sick-of-it-all manner
46. Ms. Cardinal, Canadian actress in "Dances with



- Wolves" (1990)
48. Emily Carr's prop
52. Director Mr. Pollack, for short
53. ___ Reuters
58. Cuckoo bird
59. Yuk Yuk's performers: 2 wds.
62. Item-for-a-foot
64. Psalms mysteri-

- ous-meaning word
65. Many times: 2 wds.
66. Bear: French
67. Planetary travel unit, ___.
68. Burial shroud
69. Top
70. Physicist Ms. Meitner

71. "I Dream of Jeanie" star Barbara
- Down**
1. Famous television dog
2. Abhorrences
3. Concern for Joe Oliver as Canada's new Finance Minister
4. "I ___ ghost!"

- (Scary movie line, perhaps)
5. Particular potato
6. Root used in perfumes
7. "Tough Guys" all-girl rock band from Toronto
8. Saunter
9. Candid

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN

10. Susan ___, Canadian author of The Charcoal Burners
11. Concert's make-the-music-sound-louder thingy
12. Posh opposite of 'Yes'
18. Beached
21. Kirstie's co-star
22. Ms. Rand
26. Humdinger
27. Ms. Lupino's
29. Throw out
31. "I ___ Papi" by Jennifer Lopez
33. East Coast city: 2 wds.
34. From Madonna's "Vogue": "...boy ___ girl / If the music's..."
35. Positive gesture
36. Misery
38. Decays
39. Showbiz personality Aubrey
40. Buckingham Palace family, The ___
45. Fallon's predecessor
47. Hiroshima's river
49. Went by boat
50. Lotto 6/49 playing option
51. Lend an ear
54. Entertainment journalist Nancy
55. ___-faced
56. ___ or neuters
57. Nature shade
60. Try out
61. Spice sort
62. Shed many tears
63. Tint

Friday's Crossword

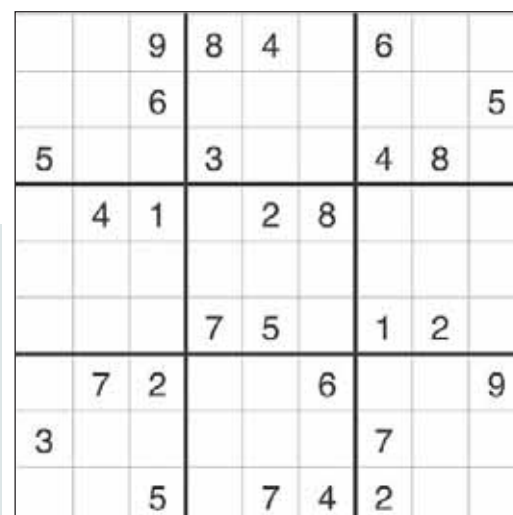


Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Friday's Sudoku



Weather

TODAY



MAX: -5°
MIN: -12°

TUESDAY



MAX: -1°
MIN: -11°

WEDNESDAY



MAX: 2°
MIN: -8°



ANDREW SCHULTZ METEOROLOGIST

"I get to spread the word on how your day, evening or weekend will shape up with our ever-changing weather here in Alberta". **WEEKDAYS 5:30 AM**



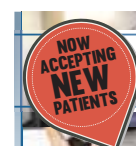
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SAT 8-2PM
SUN BY APPOINTMENT

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ZING



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 <p>2014 JEEP WRANGLER SPORT 4 DR. 140117 - PWR. GROUP - A/C - RADIO TOP \$32491 SAVE \$5,019 OR PAY \$194 WEEKLY</p>	 <p>2014 GRAND CHEROKEE OVERLAND 140122 - "THE MONKEY" \$54998 OR PAY \$325 WEEKLY</p>	 <p>2014 GRAND CARAVAN SXT 140120 - DVD - BACKUP CAM - 220W X 100 \$27498 OR PAY \$164 WEEKLY</p>	 <p>2014 RAM 1500 SPORT 140120 - CREW CAB - MONITOR START - BACKUP CAM \$39998 OR PAY \$237 WEEKLY</p>
 <p>2014 JEEP WRANGLER SAHARA 4 DR. 140117 - 96" - 100" - 100" - 100" - 100" - 100" \$33448 SAVE \$5,001 OR PAY \$205 WEEKLY</p>	 <p>2014 GRAND CHEROKEE SRT8 140121 - TOTALY LOADED \$CALL OR PAY \$433 WEEKLY</p>	 <p>2014 GRAND CARAVAN CREW 140118 - PWR. GROUP - PWR. SLIDING DOORS - LOADED \$34497 SAVE \$10,108 OR PAY \$205 WEEKLY</p>	 <p>2014 RAM 1500 SXT 4X4 140120 - 1500 - 1500 - 1500 - 1500 - 1500 \$32998 OR PAY \$197 WEEKLY</p>
 <p>2013 DODGE DART AUTO 130134 \$15998 OR PAY \$99 WEEKLY</p>	 <p>2014 DODGE JOURNEY SE 140101 \$20398 OR PAY \$109 WEEKLY</p>	 <p>2014 RAM 1500 QUAD CAB "BLACK APPEARANCE GROUP" ALL BLACK ALLOYS AND GRILLS! HEMI V6 - 5 AVAILABLE NOW! \$32,998 OR PAY \$197 WEEKLY</p>	
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HOT!
TO THE LOT!



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